

# ABSTRACT OF THE DISCLOSURE

[0025] A garment suitable to be worn on an upper body portion of a person that includes a base fabric having a front portion and a rear portion formed with openings for the person's arms and head and having a breast portion on the front portion; and a first protective panel attached to the breast portion of the base fabric; wherein the first protective panel is adapted to protect the upper body portion of the person during descent from a vertical surface. A garment suitable to be worn on a lower arm portion of a person that includes a base fabric having an elongated portion with an opening suitable receiving a person's arm; and a hand portion attached to the elongated portion; wherein the hand portion comprises a first protective panel attached thereto; wherein the first protective panel is adapted to protect the upper body portion of the person during descent from a vertical surface.